



BREAKFAST Menu December 2025


Gary and Mary West Senior Wellness Center

Breakfast: Mon-Fri, 7-8 a.m./ Sat, 8-9 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mexican Scrambled Egg Black Beans Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	2 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	3 Hard Boiled Eggs Whole Wheat English Muffin Raisins Tomato Juice Margarine & Jelly	4 Omelet Creamed Spinach Whole Grain Blueberry Muffin Mixed Fruit	5 Whole Grain Breakfast Burrito O'Brien Potatoes Tropical Fruit Milk Taco Sauce	6 Egg Patty Turkey Sausage Patty Fiesta Vegetable Blend Whole Wheat English Muffin Diced Pears
8 Egg Patty Turkey Sausage Patty Oven Roasted Diced Potatoes Whole Wheat English Muffin Milk Jelly	9 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Fresh Orange	10 Spinach Mushroom Scramble Potato Wedges Multi-Grain Bread Diced Pears Ketchup & Jelly	11 Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Pineapple Tidbits	12 Omelet Creamed Spinach Whole Wheat Bread Fresh Orange Margarine & Jelly	13 Turkey Sausage Links Egg Patty Fajita Vegetable Blend Whole Wheat English Muffin Tropical Fruit Margarine
15 Spinach Mushroom Scramble Oven Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Milk Margarine	16 Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	17 Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	18 Hard Boiled Eggs Kidney Bean Salad Whole Grain Blueberry Muffin Fresh Orange	19 Omelet O'Brien Potatoes Creamed Spinach Whole Wheat Bread Pineapple Tidbits Margarine & Jelly	20 Turkey Sausage Patties Hashbrown Patty Whole Wheat English Muffin Diced Peaches Margarine & Jelly
22 Mexican Scrambled Egg Pinto Beans Whole Wheat Tortilla Mandarin Oranges Milk	23 Egg Patty Turkey Sausage Links O'Brien Potatoes Whole Wheat Bread Oatmeal Raisins Margarine	24 Omelet Creamed Spinach Whole Wheat Bread Tropical Fruit Jelly	25 NO BREAKFAST SERVICE	26 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Blueberry Muffin Pineapple Tidbits Margarine	27 Hard Boiled Eggs Whole Grain Banana Muffin Diced Peaches Tomato Juice Margarine
29 Hard Boiled Eggs Black Bean Salad Whole Grain Blueberry Muffin Mandarin Oranges	30 Omelet Garlic Spinach Whole Wheat English Muffin Tropical Fruit Margarine & Jelly	31 Turkey Sausage Patties Oven Roasted Diced Potatoes Whole Grain Mini Waffles Pineapple Tidbits Margarine & Syrup		Holiday Schedule Christmas Eve, Wed, Dec 24: Open: 8:00 am - 2:00pm Two lunches: 11:00am, 12:15pm Breakfast: 8am-9am	
				Christmas, Thurs, Dec 25: Open: 10:00 am - 2:00pm Two lunches: 11:00am, 12:15pm No Breakfast	

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

Menu Subject to Change

This project is supported by Older American's Act funds by the county of San Diego Health & Human Services Agency, Aging & Independence Services. Suggested contribution is \$2.50 per meal.

No eligible person shall be denied a meal because of failure or inability to